

A full-page photograph of bodybuilder Jeff Nippard in a gym. He is wearing a black tank top with the word "RISE" on it and black shorts. He is flexing his biceps and has a focused expression. He is wearing white socks with "BROS" and "www.m..." printed on them. The background shows gym equipment.

THE PURE BODYBUILDING PROGRAM

PHASE 2

JEFF NIPPARD

IMPORTANT PROGRAM NOTES

READ BEFORE STARTING

Perform a full general warm-up and exercise-specific warm-up every workout as outlined below (should only take 5-10 mins max)

Note that for the first week of all programs, most sets are taken to an RPE of ~7-9. This means you will be leaving 1-3 reps in the tank on most exercises. This only lasts for the first week (to serve as a deload/intro week). After the first week, the intensity will increase and most sets will be taken to an RPE of 9-10. This means you will push most sets within ~1 rep of failure or to failure. Make sure you are focused mentally before starting each working set!

All working sets are broken up into Early Sets and Last Sets. The Early Sets are all the sets that come before your Last Set. Usually the Early Sets should be a little bit easier than the later sets (slightly lower RPE) whereas the Last Set is pushed to failure on most (but not all exercises). See The Hypertrophy Handbook for a full explanation of RPE.

There is a Weak Point & Arms day in this program where you will select a weak point from the table below and perform 1-2 exercises for your weak point on this day. Please read The Hypertrophy Handbook for more detail.

Each exercise has a clickable link which demonstrates how to perform the exercise. I suggest watching each exercise demo before starting the workout.

If you'd like to include the powerlifts, simply select them from the exercise substitutions column when available. Feel free to also adjust the reps to be in the 3-6 rep range.

All other aspects of the program, including when to make an exercise substitution and how to progress through the rep ranges given is explained in The Hypertrophy Handbook. Give it a full read before starting your first workout! Let's crush it!!

WARM UP PROTOCOL	
General Warm-Up	
Perform the following general warm-up before every workout (should take 5-10 mins max). You can save time by doing some of the dynamic stretches as you do warm-up sets for the first exercise.	
5-10 minutes	Light cardio on machine on your choice of machine (treadmill, stairmaster, elliptical, bike, etc.)
10 reps per side	<u>Arm Swings</u>
10 reps per side	<u>Arm Circles</u>
10 reps per side	<u>Front-to-Back Leg Swings</u>
10 reps per side	<u>Side-to-Side Leg Swings</u>
15 reps per side	<u>Cable External Rotation (optional)</u>

Exercise-Specific Warm-Up	
Perform the following exercise-specific warm-up according to the number of warm-up sets listed in the program	
1 Warm-Up Set Listed	Use ~60% of your planned working weight for ~6-10 reps (or until you feel warm and loose)
2 Warm-Up Sets Listed	Perform a mini warm-up pyramid: Warm-Up Set #1 = ~50% of planned working weight for ~6-10 reps Warm-Up Set #2 = ~70% of planned working weight for 4-6 reps
3 Warm-Up Sets Listed	Perform a full warm-up pyramid: Warm-Up Set #1 = ~45% of planned working weight for ~6-10 reps Warm-Up Set #2 = ~65% of planned working weight for 4-6 reps Warm-Up Set #3 = ~85% of planned working weight for 3-4 reps

WEAK POINTS TABLE		
Weak Point	Exercise #1 Options	Exercise #2 Options
Shoulders	1. <u>Meadows Incline DB Lateral Raise</u> 2. <u>Machine Lateral Raise</u> 3. <u>Machine Shoulder Press</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Reverse Pec Deck</u> 2. <u>Cable Unilateral Face Pull</u> 3. <u>Cable Reverse Flye</u> Pick one of the options above. Do not do all of them in one day!
Lats (“Back Width”)	1. <u>Moto Row</u> 2. <u>DB Pullover</u> 3. <u>Machine Pullover</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Pull-Up</u> 2. <u>Machine Pulldown</u> 3. <u>Helms Row</u> Pick one of the options above. Do not do all of them in one day!
Quads	1. <u>Sissy Squat</u> 2. <u>Reverse Nordic</u> 3. <u>Leg Extension</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Single-Leg Leg Press</u> 2. <u>DB Bulgarian Split Squat</u> 3. <u>Walking Lunge</u> Pick one of the options above. Do not do all of them in one day!
Glutes	1. <u>Machine Hip Abduction</u> 2. <u>Cable Hip Abduction</u> 3. <u>Cable Pull-Through</u> Pick one of the options above. Do not do all of them in one day!	1. <u>DB Bulgarian Split Squat</u> 2. <u>Single-Leg DB Hip Thrust</u> 3. <u>Machine Hip Thrust</u> Pick one of the options above. Do not do all of them in one day!
Chest	1. <u>DB Flye</u> 2. <u>Pec Deck</u> 3. <u>Press-Around</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Chest Press Machine (incline if upper pecs are lagging, flat if entire chest is lagging)</u> 2. <u>Dumbbell Chest Press (incline if upper pecs are lagging, flat if entire chest is lagging)</u> 3. <u>Deficit Pushup</u> Pick one of the options above. Do not do all of them in one day!
Neck	1. <u>Head Harness Neck Curl</u> 2. <u>Plate-Loaded Neck Curl</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Head Harness Neck Extension</u> 2. <u>Plate-Loaded Neck Extension</u> Pick one of the options above. Do not do all of them in one day!

Weak Point	Exercise #1 Options	Exercise #2 Options
Hamstrings	1. <u>Seated Leg Curl</u> 2. <u>Nordic Curl</u> 3. <u>Standing Cable Leg Curl</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Lying Leg Curl</u> 2. <u>Swiss Ball Leg Curl</u> 3. <u>Sliding Leg Curl</u> Pick one of the options above. Do not do all of them in one day!
Calves	1. <u>Leg Press Calf Press</u> 2. <u>Seated Calf Raise</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Single-Leg DB Calf Raise</u> 2. <u>Standing Calf Raise</u> 3. <u>Calf Raise Machine</u> Pick one of the options above. Do not do all of them in one day!
Mid-Back (“Back Thickness”)	1. <u>Kroc Row</u> 2. <u>T-Bar Row</u> 3. <u>Pendlay Row</u> Pick one of the options above. Do not do all of them in one day!	1. <u>DB Row</u> 2. <u>Smith Machine Row</u> 3. <u>Meadows Row</u> Pick one of the options above. Do not do all of them in one day!
Upper Traps	1. <u>Seated Dumbbell Shrug</u> 2. <u>Machine Shrug</u> 3. <u>Cable Shrug-In</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Barbell Shrug</u> 2. <u>Trap Bar Shrug</u> 3. <u>Smith Machine Shrug</u> Pick one of the options above. Do not do all of them in one day!
Abs	1. <u>Modified Candlestick</u> 2. <u>Lying Leg Raise</u> 3. <u>Hanging Leg Raise</u> Pick one of the options above. Do not do all of them in one day!	1. <u>Machine Crunch</u> 2. <u>Cable Crunch</u> 3. <u>Swiss Ball Crunch</u> Pick one of the options above. Do not do all of them in one day!
Biceps	Because there is a dedicated arm day in this program and the biceps will get plenty of indirect work back exercises, adding even more sets would probably not be productive and would most likely fall under the “junk volume” category.	
Triceps	Because there is a dedicated arm day in this program and the triceps will get plenty of indirect work from pressing, adding even more sets would probably not be productive and would most likely fall under the “junk volume” category.	
Forearms	1. <u>DB Wrist Curl (Flexion)</u> 2. <u>Reverse Grip EZ-Bar Curl</u> 3. <u>Wrist Roller</u> Pick one of the options above. Do not do all of them in one day!	1. <u>DB Wrist Curl (Extension)</u> 2. <u>Hand Gripper</u> 3. <u>Plate Pinch</u> Pick one of the options above. Do not do all of them in one day!

BLOCK 1: 5-WEEK CLIMB PHASE															
IMPORTANT NOTE: BLOCK 1 STARTS WITH AN INTRO/DELOAD WEEK BEFORE INCREASING THE VOLUME/INTENSITY FOR THE REMAINING 4 WEEKS															
WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	N/A	1	3	10-12					~7-8	~9	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Pull-Up</u>	N/A	2-3	2	8-10					~7	~9	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled!
	<u>Flat Machine Chest Press</u>	N/A	2-3	2	8-10					~7	~9	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest.
	<u>Chest-Supported Machine Row</u>	N/A	2	2	8-10					~7	~9	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep.
	<u>Bottom-Half Seated Cable Flye</u>	N/A	2	2	8-10					~7-8	~9	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	2	8-10					~7-8	~9	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	2	6-8					~7	~8	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	2	10-12					~7	~8	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Standing Calf Raise</u>	N/A	1	3	15-20					~7-8	~9	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Abduction</u>	N/A	1-2	2	12-15					~7-8	~9	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight.
	<u>Smith Machine Deficit Row</u>	N/A	2-3	2	8-10					~7	~9	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep!
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	2	10-12					~7	~9	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partials (All Sets)	2	2	8-10					~7	~9	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Katana Triceps Extension</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions.

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Barbell RDL</u>	N/A	2-3	2	8-10					~5	~5-6	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	2	8-10					~7	~8	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	N/A	2-3	2 per leg	10-12					~7	~8	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here!
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~7	~9	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	N/A	1	3	10-12					~7-8	~9	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	N/A	1-2	2	12-15					~7-8	~9	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 1	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~7-8	~9	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Katana Triceps Extension</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 2	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Katana Triceps Extension</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 3	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	Meadows Incline DB Lateral Raise	Failure	1	3	10-12					~9	10	~1-2 min	Cuffed Behind-The-Back Lateral Raise	DB Lateral Raise	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	Wide-Grip Pull-Up	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	Wide-Grip Machine Pulldown	Wide-Grip Lat Pulldown	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Flat Machine Chest Press	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	Flat DB Bench Press	Barbell Bench Press	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Chest-Supported Machine Row	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	Chest-Supported T-Bar Row	Chest-Supported Incline DB Row	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	Bottom-Half Seated Cable Flye	Failure	2	2	8-10					~8-9	10	~2-3 min	Bottom-Half DB Flye	Bottom-Half Pec Deck	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	Seated Super-Bayesian High Cable Curl	Failure	1	3	12-15					~9	10	~1-2 min	Bayesian Cable Curl	Incline DB Stretch Curl	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Katana Triceps Extension</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 4	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Pull-Up</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Wide-Grip Machine Pulldown</u>	<u>Wide-Grip Lat Pulldown</u>	1.5x shoulder width overhand grip. Slow 2-3 second negative. Feel your lats pulling apart on the way down. Slight 0.5-1 second pause at the bottom, then lift your chest up and drive your elbows down as you lift yourself up. Don't be afraid to use assistance. Add weight if needed. Keep the form tight and controlled! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Machine Chest Press</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest while maintaining tension on the chest. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Chest-Supported Machine Row</u>	Lengthened Partial (Extend Set)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Chest-Supported T-Bar Row</u>	<u>Chest-Supported Incline DB Row</u>	Set the chest pad up so you get a deep stretch on each rep. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Seated Cable Flye</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Pec Deck</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Smith Machine Squat</u>	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Once you are under the bar, set up your feet as you would a normal squat and then bring them forward ~3-6 inches. This will cause you to lean back into the bar slightly, allowing for a more upright squat, while also placing more tension on the quads. If your heels are raising at the bottom, you may need to bring your feet more forward. If your feet feel like they are slipping or your lower back is rounding at the bottom, try bringing your feet back a bit.
	<u>Glute-Ham Raise</u>	N/A	1-2	3	10-12					~7-8	~8-9	~2-3 min	<u>Single-Leg DB Hip Thrust</u>	<u>DB RDL</u>	Cut out the top ~25% of the ROM, where there will be minimal tension on the hamstrings. Squeeze your hamstrings to pull yourself up!
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	3	15-20					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Smith Machine Deficit Row</u>	Lengthened Partial (Extend Set)	2-3	3	8-10					~8-9	~9-10	~3-4 min	<u>Pendlay Deficit Row</u>	<u>Helms Row</u>	Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Neutral-Grip Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	8-10					~8-9	~9-10	~2-3 min	<u>Neutral-Grip Pullup</u>	<u>Cross-Body Lat Pull-Around</u>	Do these pulldowns with the handle more out in front of you, more like a cross between pullover and a pulldown. Focus on feeling your lats working more than the weight you're using. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>Katana Triceps Extension</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>Overhead Cable Triceps Extension (Bar)</u>	<u>DB Skull Crusher</u>	Flare your elbows out at about 45° and keep your elbows locked in place as you complete the extensions. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	<u>Barbell RDL</u>	N/A	2-3	3	8-10					~6	~6-7	~3-5 min	<u>DB RDL</u>	<u>Deadlift</u>	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	<u>Super-ROM Leg Press</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Single-Leg Leg Press</u>	<u>High-Bar Back Squat</u>	Feet lower on the platform for more quad focus. Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	<u>Smith Machine Reverse Lunge</u>	Quad Static Stretch (30 sec)	2-3	2 per leg	10-12					~8-9	~9-10	~2-3 min	<u>DB Reverse Lunge</u>	<u>DB Walking Lunge</u>	Minimize contribution from the back leg. Mind-muscle connection with your glutes here! After the final set for each leg, perform a quad static stretch for that leg for 30 seconds.
	<u>Weighted 45° Hyperextension</u>	N/A	1	2	10-12					~9	~9-10	~1-2 min	<u>Smith Machine Good Morning</u>	<u>Good Morning (Light Weight)</u>	Squeeze your glutes hard at the top of each rep. Slow controlled reps on the way down, followed by an explosive positive.
	<u>Bottom-Half Standing Calf Raise</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Seated Calf Raise</u>	<u>Donkey Calf Raise</u>	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Adduction</u>	Failure	1-2	3	12-15					~9	10	~1-2 min	<u>Cable Hip Adduction</u>	<u>Copenhagen Hip Adduction</u>	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 5	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>EZ-Bar Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>EZ-Bar Curl</u>	<u>DB Curl</u>	Set up the cable at the lowest position. Maintain constant tension on the biceps. Slow, controlled reps!
	<u>EZ-Bar Skull Crusher</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Overhead Cable Triceps Extension (Rope)</u>	Feel a nasty stretch on the triceps throughout the entire negative. Pause for 1 second in the stretch part of each rep.
	<u>Bottom-Half Incline DB Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Bottom-Half Bayesian Cable Curl</u>	<u>Incline DB Stretch-Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Keep your upper back planted against the bench. Go light on these and focus on feeling your biceps pull and squeeze.
	<u>Triceps Pressdown (Bar)</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Focus on squeezing your triceps to move the weight
	<u>Roman Chair Leg Raise</u>	N/A	1	3	10-20					~9	~9-10	~1-2 min	<u>Machine Crunch</u>	<u>Cable Crunch</u>	Allow your lower back to round as you curl your legs up. 10-20 reps is a broad range on purpose: just go until you hit RPE 9-10 (0-1 reps shy of failure) with controlled form.
REST DAY															

BLOCK 2: 5-WEEK GRIND PHASE															
IMPORTANT NOTE: BLOCK 2 STARTS WITH AN INTRO/DELOAD WEEK BEFORE INCREASING THE VOLUME/INTENSITY FOR THE FINAL 4 WEEKS															
WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Lat Pulldown</u>	N/A	2-3	2	10-12					~7	~9	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in".
	<u>Flat Smith Machine Bench Press</u>	N/A	2-3	2	10-12					~7	~9	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs.
	<u>Dual-Handle Elbows-Out Cable Row</u>	N/A	2	2	10-12					~7	~9	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps.
	<u>Bottom-Half Pec Deck</u>	N/A	2	2	8-10					~7-8	~9	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	2	8-10					~7	~8	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	2	8-10					~7	~8	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	N/A	1-2	2	8-10					~7-8	~9	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative.
	<u>Standing Calf Raise</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	<u>Machine Hip Abduction</u>	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	High-Cable Cuffed Lateral Raise	N/A	1	3	10-12					~7-8	~9	~1-2 min	High-Cable Lateral Raise	DB Lateral Raise	Focus on squeezing your lateral delt to move the weight.
	Deficit Pendlay Row	N/A	2-3	2	10-12					~7	~9	~3-4 min	Smith Machine Deficit Row	DB Row	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep!
	Bottom-Half 45° Incline DB Press	N/A	2-3	2	8-10					~7	~9	~2-3 min	Bottom-Half 45° Incline Smith Machine Press	Bottom-Half 45° Incline Barbell Press	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs.
	1-Arm Lat Pulldown	Integrated Partial (All Sets)	2	2	10-12					~7	~9	~1-2 min	Neutral-Grip Pull-Up	Neutral-Grip Lat Pulldown	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	Super-Stretch Reverse Pec Deck	N/A	1	2	12-15					~7-8	~9	~1-2 min	Bent-Over Reverse DB Flye	Cable Reverse Flye	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	EZ-Bar Skull Crusher	N/A	1	2	12-15					~7-8	~9	~1-2 min	DB Skull Crusher	Katana Triceps Extension	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable.

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	DB RDL	N/A	2-3	2	10-12					~5	~5-6	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	2	6-8					~7	~8	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	N/A	1-2	2	6-8					~7	~8	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep.
	Bottom-Half Standing Calf Raise	N/A	1	3	12-15					~7-8	~9	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	N/A	1-2	2	10-12					~7-8	~9	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 6	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	2	8-12					~7-8	~9	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	N/A	1	2	10-12					~7-8	~9	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	N/A	1	2	12-15					~7-8	~9	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	N/A	1	2	AMRAP					~7-8	~9	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible, until you hit the target RPE. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~7-8	~9	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Lat Pulldown</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Deficit Pendlay Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>EZ-Bar Skull Crusher</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Katana Triceps Extension</u>	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 7	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Lat Pulldown</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Deficit Pendlay Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>EZ-Bar Skull Crusher</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Katana Triceps Extension</u>	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 8	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Lat Pulldown</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Deficit Pendlay Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>EZ-Bar Skull Crusher</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Katana Triceps Extension</u>	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 9	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #1	<u>Meadows Incline DB Lateral Raise</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Cuffed Behind-The-Back Lateral Raise</u>	<u>DB Lateral Raise</u>	Lie down on your side on a ~30° bench. Start with the DB in front of you, raise the DB to parallel to the floor and lower the DB behind you, feeling a deep stretch in your delts, then reverse this motion (2 reps have now been completed). No pausing between reps.
	<u>Wide-Grip Lat Pulldown</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~2-3 min	<u>Wide-Grip Pull-Up</u>	<u>Wide-Grip Machine Pulldown</u>	Think about pulling your elbows "down" and "in". Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the top half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Flat Smith Machine Bench Press</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-5 min	<u>Flat DB Bench Press</u>	<u>Barbell Bench Press</u>	1 second pause on the chest on each rep while maintaining tension on the pecs. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Dual-Handle Elbows-Out Cable Row</u>	Lengthened Partial (Extend Set)	2	3	10-12					~8-9	~9-10	~2-3 min	<u>Arm-Out Single-Arm DB Row</u>	<u>Chest-Supported Machine Row</u>	Flare your elbows out ~45°. Smooth, controlled reps. Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half Pec Deck</u>	Failure	2	2	8-10					~8-9	10	~2-3 min	<u>Bottom-Half DB Flye</u>	<u>Bottom-Half Seated Cable Flye</u>	All reps and sets are to be performed in the bottom half of the ROM. Focus on feeling a deep stretch in your pecs at the bottom of each rep.
	<u>Seated Super-Bayesian High Cable Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bayesian Cable Curl</u>	<u>Incline DB Stretch Curl</u>	Set up the cable at hand height and feel a deep stretch on each rep. Curl until the handle reaches the bench.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #1	<u>Seated Leg Curl</u>	Lengthened Partial (Extend Set)	1-2	3	10-12					~8-9	10	~1-2 min	<u>Lying Leg Curl</u>	<u>Nordic Ham Curl</u>	Lean forward over the machine to get a maximum stretch in your hamstrings. Once you hit failure on the final set, continue with lengthened partials in the top half of the ROM, until you can no longer achieve a full half rep.
	<u>Bottom-Half Hack Squat</u>	N/A	2-4	3	8-10					~7-8	~8-9	~3-5 min	<u>Bottom-Half DB Bulgarian Split Squat</u>	<u>High-Bar Back Squat</u>	All reps and sets are to be performed in the bottom half of the ROM. Allow your knees to come forward (past your toes). Focus the tension on your quads.
	<u>Single-Leg DB Hip Thrust</u>	N/A	1-2	3	8-10					~7-8	~8-9	~2-3 min	<u>Glute-Ham Raise</u>	<u>Reverse Hyper</u>	Slow 2-3 second negative. Explode with control on the way up. Squeeze your glutes hard at the top of the movement.
	<u>Leg Extension</u>	Lengthened Partial (Extend Set)	1-2	3	8-10					~9	10	~1-2 min	<u>Reverse Nordic</u>	<u>Sissy Squat</u>	Set the seat back as far as it will go while still feeling comfortable. Grab the handles as hard as you can to pull your butt down into the seat. Use a 2-3 second negative. Feel your quads pulling apart on the negative. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Standing Calf Raise</u>	Weighted Static Hold (30 sec hold in the stretch)	1	4	12-15					~9	10	~1-2 min	<u>Leg Press Calf Press</u>	<u>Seated Calf Raise</u>	1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet. For the weighted static hold, after the final rep of the final set, rather than reracking the weight immediately, pause at the very bottom of the ROM (with full tension still on the calves) and maintain this hold for 30 seconds.
	<u>Machine Hip Abduction</u>	Failure	1-2	3	10-12					~9	10	~1-2 min	<u>Cable Hip Abduction</u>	<u>Lateral Band Walk</u>	If possible, use pads to increase the range of motion on the machine. Lean forward and grab onto the machine rails to stretch the glutes further.
REST DAY															

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
UPPER #2	<u>High-Cable Cuffed Lateral Raise</u>	Lengthened Partial (Extend Set)	1	3	10-12					~9	10	~1-2 min	<u>High-Cable Lateral Raise</u>	<u>DB Lateral Raise</u>	Focus on squeezing your lateral delt to move the weight. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.
	<u>Deficit Pendlay Row</u>	Lengthened Partial (Extend Set)	2-3	3	10-12					~8-9	~9-10	~3-4 min	<u>Smith Machine Deficit Row</u>	<u>DB Row</u>	Stand on a bumper plate. Focus on getting a big stretch and touch your stomach/chest on each rep! Once you hit the Last Set RPE on the final set, switch to partial reps. These should be the bottom half of the ROM. Stop once you have 0-1 half reps left in the tank.
	<u>Bottom-Half 45° Incline DB Press</u>	N/A	2-3	3	8-10					~8-9	~9-10	~2-3 min	<u>Bottom-Half 45° Incline Smith Machine Press</u>	<u>Bottom-Half 45° Incline Barbell Press</u>	All reps and sets are to be performed in the bottom half of the ROM. 1 second pause at the bottom of each rep while maintaining tension on the pecs.
	<u>1-Arm Lat Pulldown</u>	Integrated Partial (All Sets)	2	3	10-12					~8-9	~9-10	~1-2 min	<u>Neutral-Grip Pull-Up</u>	<u>Neutral-Grip Lat Pulldown</u>	Keep elbow tucked in close to your torso. Focus on squeezing your lat to move the weight. On all sets, alternate full-ROM reps and half-ROM reps (i.e. do 1 rep with full-ROM, then 1 rep half-ROM (in the stretched/top half), then 1 rep full-ROM, then 1 rep half-ROM). Repeat until you've reached the target reps (partial reps count towards the rep count).
	<u>Super-Stretch Reverse Pec Deck</u>	Failure	1	3	12-15					~9	10	~1-2 min	<u>Bent-Over Reverse DB Flye</u>	<u>Cable Reverse Flye</u>	Face side on to the machine and pull your arm across your body to pre-stretch your rear delt. Do reverse flyes 1 arm at a time. Start with your weaker arm.
	<u>EZ-Bar Skull Crusher</u>	Lengthened Partial (Extend Set)	1	3	12-15					~9	10	~1-2 min	<u>DB Skull Crusher</u>	<u>Katana Triceps Extension</u>	Arc the EZ-bar slightly back behind your head. When you extend, keep the bar back behind your eye line. Use the inside (closer) grip option and allow the elbows to flare to a degree that feels comfortable. Once you hit failure on the final set, continue with lengthened partials in the bottom half of the ROM, until you can no longer achieve a full half rep.

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
LOWER #2	DB RDL	N/A	2-3	3	10-12					~6	~6-7	~3-5 min	Barbell RDL	Deadlift	The RPE is intentionally low here because these will cause a lot of muscle damage. Don't be tempted to go too heavy. To keep tension on the hamstrings, stop about 75% of the way to full lockout on each rep (i.e. stay in the bottom 3/4 of the range of motion).
	Belt Squat	N/A	2-4	3	6-8					~7-8	~8-9	~3-5 min	Leg Press	Front Squat	Get as deep as you can without excessive back rounding. Control the negative and do a slight pause at the bottom of each rep.
	DB Bulgarian Split Squat	Quad Static Stretch (30 sec)	2-3	2	6-8					~8-9	~9-10	~2-3 min	DB Static Lunge	Smith Machine Reverse Lunge	Reps are per leg. Start with your weaker leg. Squat deep. After the final set, perform a quad static stretch for each leg for 30 seconds.
	Bottom-Half Standing Calf Raise	Failure	1	4	12-15					~9	10	~1-2 min	Seated Calf Raise	Donkey Calf Raise	All reps and sets are to be performed in the bottom half of the ROM. 1-2 second pause at the bottom of each rep. Instead of just going up onto your toes, think about rolling your ankle back and forth on the balls of your feet.
	Machine Hip Adduction	Failure	1-2	3	10-12					~9	10	~1-2 min	Cable Hip Adduction	Copenhagen Hip Adduction	Mind-muscle connection with your inner thighs. These are great for adding thigh mass from the front! Push them hard!

WEEK 10	EXERCISE	LAST-SET INTENSITY TECHNIQUE	WARM-UP SETS	WORKING SETS	REPS	TRACKING LOAD AND REPS				EARLY SET RPE	LAST SET RPE	REST	SUBSTITUTION OPTION 1	SUBSTITUTION OPTION 2	NOTES
						SET 1	SET 2	SET 3	SET 4						
ARMS & WEAK POINTS	Weak Point Exercise 1 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			Decide on your weak point using The Weak Point Table in your Hypertrophy Handbook. Perform ONE of the exercises listed under Exercise 1 for the sets and reps provided here.
	Weak Point Exercise 2 (optional)	N/A	1-3	3	8-12					~9	~9-10	~1-3 min			If your weak point is feeling recovered (not sore or fatigued) then feel free to hit Exercise 2. If your weak point is feeling tired or sore, do not perform the second weak point exercise this week.
	<u>Bottom-Half Machine Preacher Curl</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Bottom-Half EZ-Bar Preacher Curl</u>	<u>Bottom-Half DB Preacher Curl</u>	All reps and sets are to be performed in the bottom half of the ROM. Smooth, controlled reps. Mind-muscle connection with the biceps.
	<u>Triceps Diverging Pressdown (Long Rope or 2 Ropes)</u>	Failure	1	3	10-12					~9	10	~1-2 min	<u>Triceps Pressdown (Rope)</u>	<u>DB Triceps Kickback</u>	Use two long ropes or one long rope. Lean slightly forward, flare your elbows slightly out and keep your arms back in line with your torso. Then do triceps pressdowns, getting a full, big squeeze at the bottom.
	<u>Inverse DB Zottman Curl</u>	Failure	1	2	12-15					~9	10	~1-2 min	<u>DB Hammer Curl</u>	<u>Reverse-Grip DB Curl</u>	Do a hammer curl on the positive, then turn your palms facing up at the top and use a palms-up grip on the negative.
	<u>Close-Grip Pushup (AMRAP)</u>	Failure	1	2	AMRAP					~9	10	~1-2 min	<u>Diamond Pushup</u>	<u>Bodyweight Dip</u>	As many reps as possible. Keep them controlled! Roughly shoulder-width hand placement. Keep elbows tucked close to your sides. Smooth, controlled reps.
	<u>Ab Wheel Rollout</u>	N/A	1	3	12-15					~9	~9-10	~1-2 min	<u>Swiss Ball Rollout</u>	<u>Long-Lever Plank</u>	Don't just bend at your hips, use your abs to lower yourself down under control and pull yourself back up. If you don't have the core strength to get all the way extended at the bottom, try to progressively increase the ROM week to week.
REST DAY															